

WHAT IS CLAIMED IS:

1. An adaptive method for teaching by issuing a remediative guided practice activity based on a previously performed guided practice activity to achieve performance-based behavioral modification in a two-way communication process, comprising the steps of:

providing at an Internet site a course of scenario-based instruction having a mini-content object and a non-knowledge based guided practice activity to be performed by an individual, the guided practice activity involving no right or wrong answer but rather behavioral tasks to be performed, the guided practice activity including information on how to modify performance;

automatically transmitting the mini-content object to the individual;

automatically transmitting, after the mini-content object, the guided practice activity to the individual at a known time, thus to provide the individual with an active learning experience through the guided practice activity;

assessing the individual's behavioral performance by pushing content to the individual to evaluate the individual's reaction to the content, thus to permit providing updated guided practice activities;

transmitting back to the Internet site the individual's reaction to the content; and,

adaptively providing a remediative guided practice activity back to the individual, the adaptation based on the individual's reaction to the pushed content.

2. The method of Claim 1, wherein the guided practice activity is transmitted to the individual at a time preselected by the individual such that the guided practice activity is not disruptive.

3. The method of Claim 1, and further including the steps of providing acknowledgement of receipt of a guided practice activity and transmitting the acknowledgement back over the Internet to the Internet site.
4. The method of Claim 1, and further including providing the individual with additional guided practices from the Internet site.
5. The method of Claim 1, wherein the individual guided practice activities from the Internet site are time limited so as not to interfere with the normal tasks of the individual.
6. The method of Claim 1, and further including providing a device to which the guided practice activity is transmitted.
7. The method of Claim 6, wherein the device is selected from the group of internet-enabled devices consisting of computers, mobile phones, pagers, personal digital assistants and voice over IP audio producing terminals.
8. The method of Claim 1, wherein the automatic transmission is at a pace so as not to disrupt the individual during his workday.
9. The method of Claim 1, wherein the guided practice activity includes experiential learning in which the individual is prompted to respond with some action.

10. The method of Claim 1, wherein the guided practice activity is designed to improve competency in the workplace.

11. The method of Claim 1, wherein the guided practice activity is designed to teach an athletic activity.

12. The method of Claim 1, wherein the guided practice activity is golf.

13. The method of Claim 1, wherein the guided practice activity is designed to improve a woman's reaction to a specific workplace encounter.

14. The method of Claim 1, wherein the guided practice activity is designed to improve the response of the individual to health related issues.

15. The method of Claim 14, wherein the health related issues include controlling the weight of the individual.

16. The method of Claim 14, wherein the health related issues include addiction.

17. The method of Claim 14, wherein the health related issues include the taking of medication.